
The United States Navy on the World Wide Web
A service of the Navy Office of Information, Washington DC
Send feedback/questions to comments@chinfo.navy.mil
The United States Navy is found on the Internet at
<http://www.chinfo.navy.mil>

Navy & Marine Corps Medical News (MEDNEWS)
#97-09
Feb. 27, 1997

This service distributes news and information to Sailors and Marines, their families, civilian employees, and retired Navy and Marine Corps families. Further dissemination of this e-mail is encouraged.

Headlines this week include:

MN97069 Bringing Dental Care Home
MN97070 Roosevelt Roads Wins Kudos From U.S. Coast Guard
MN97071 Ney Memorial Awards Announced
MN97072 Corpsman Chosen as Best of the Northeast
MN97073 Reserve Orthos Serve Saturdays at Bethesda
MN97074 Eating Disorder Symptoms High in Navy Men
MN97075 TRICARE Europe Steaming Ahead
MN97076 All Hands Wants Your Day in the Navy
MN97077 Plans, Operations & Medical Intelligence
Conference To Be Held
MN97078 TRICARE Question and Answer
MN97079 Healthwatch: Water Does a Body Good, Too!

-usn-

Headline: Bringing Dental Care Home

Great Lakes, IL-For Navy recruits at the Naval Dental Clinic (NDC), Great Lakes, IL, going to the dentist can be as simple as leaving your room, walking downstairs and sitting in the dentist's chair.

In an initiative to improve recruits' access to dental care beyond the traditional clinic hours, two new satellite dental clinics bring dental care to the recruits' home. Conveniently placed in or near the recruit barracks, these clinics are equipped with four chairs, two dentists and two technicians. And with the ability to see four patients in chairs and four patients in the waiting area, there isn't much of a wait.

"We are taking dental care to the deckplates," said LCDR Kevin Otte, DC, a dentist who works in a satellite clinic.

Recruit Gregory L. McGuigan likes the care brought closer to him. "It's a lot better than going to the other side of the base. It's closer to my 'ship' (barracks)."

The satellite clinics function as an extension of the main dental clinic. In addition to being closer to where

the recruits are, according to Otte, they offer another plus --a hometown atmosphere.

McGuigan agrees. "They (the clinics) are more like what I see at home, instead of hundreds of recruits (lined up) like at the big clinic."

Because the satellite clinics offer dental treatment during the "flex hours" that extend after the recruits' normal training hours, there is less of an impact on their training and more access to care. According to Thomas Cortemeglia, clinic director for recruiting, the program has been responsible for a 30 percent increase in clinical productivity, a 50 percent increase in access to care and an increase to operational dental readiness.

By Kimberly Allen, Bureau of Medicine and Surgery

-usn-

Headline: Roosevelt Roads Wins Kudos From U.S. Coast Guard

Roosevelt Roads, PR-Naval Hospital (NH) Roosevelt Roads, PR, received a thanks from the U.S. Coast Guard recently in the form of a Meritorious Unit Commendation.

The commendation was presented to the hospital for its contributions assisting with Operation Frontier Shield, a multi-agency maritime law enforcement effort that brought 11 local and federal law enforcement agencies, a number of Department of Defense commands, as well as 12 international partners in the Caribbean together to combat drug trafficking and illegal immigration into the United States.

-usn-

Headline: Ney Memorial Awards Announced

The 1997 winners of the Navy CAPT Edward F. Ney Memorial Awards for outstanding food service in the Navy were announced earlier this month by Secretary of the Navy John H. Dalton.

Winners in the small hospital category are:

-U.S. Naval Hospital Yokosuka, JA

-Runner-up: Naval Hospital Twentynine Palms, CA

Winners in the medium hospital category are:

-Naval Hospital Charleston, SC

-Runner-up: Naval Hospital Camp Pendleton, CA

Winners in the large hospital category are:

-Naval Medical Center San Diego

-Runner-up: Naval Medical Center Portsmouth, VA

The Ney awards were established in 1958 by the Secretary of the Navy and the International Food Services Executives Association (IFSEA) to recognize Navy food service excellence. Food service facilities are judged in customer service, restauranturship, cleanliness, and management.

The awards will be presented at a formal ceremony at IFSEA's annual conference held in Albuquerque, NM on Mar. 15.

-usn-

Headline: Corpsman Chosen as Best of the Northeast

Groton, CT-HM1 William A. Bair of Naval Hospital Groton has been chosen Sailor of the Year from thousands of enlisted people in the Navy's northeast region.

Bair will go on to compete at the Atlantic Fleet Competition in Norfolk.

Eligibility for the northeast region award was expanded this year to include the 5,000 people at the naval base in Iceland, meaning the region now stretches from Norfolk, VA., to Iceland.

"It was very stiff competition," said CAPT J. Demlein Jr., chief of staff for Commander, Naval Submarine Group Two. "I'm proud to present this to someone local."

-usn-

Headline: Reserve Orthos Serve Saturdays at Bethesda

Bethesda, MD-How would you feel if 30 well-qualified health care providers showed up at your medical clinic to lend a helping hand?

That's what happened at National Naval Medical Center (NNMC) Bethesda, MD, recently, and it's won rave reviews.

Physician Reservists in Medical Universities and Schools (PRIMUS), a Reserve unit of 30 nurses, surgeons and interns attached to the Naval Reserve Readiness Center in Fort McHenry, MD, have begun to drill one weekend per quarter at the orthopedic clinic at NNMC, providing Saturday appointments for patients who sometimes have trouble getting in during the week.

Getting the Reservists to help out at the clinic was the brain child of Reserve CAPT Pat Tackitt, NC, commanding officer of the PRIMUS unit. Tackitt also happens, in her civilian job, to be the clinic's manager.

"This is an extraordinarily busy clinic," Tackitt said. "We see 3,000 patients a month here." This excess of patients prompted Tackitt to seek out assistance from the PRIMUS unit.

"I had about five orthopedic surgeons in my (PRIMUS) unit," said Tackitt. "I said (to them), 'we need to do something for the Navy, even though you're not required (by law) to go drill at the hospital like other Reservists.'"

Tackitt said the Reservists see about 50 patients every Saturday they drill.

"The patients are thrilled. We get them in and out in about half an hour," said Tackitt.

By JO1 Cathy Konn, NNMC Bethesda

-usn-

Headline: Eating Disorder Symptoms High in Navy Men

San Diego--Eating disorders, including fasting, use of water pills and laxatives, and bingeing and purging, has long been considered a malady almost exclusively of girls and women. However, a new study completed by a Navy researcher indicates the symptoms of eating disorders among Navy men is higher than in the general population,

male or female.

CAPT Peggy Anne McNulty, NC, a nurse researcher at Navy Medical Center San Diego, CA, developed and administered a questionnaire on eating behavior to 4,800 Navy men assigned to ships, Navy hospitals, and clinics. She found Navy men reported the use of laxatives, vomiting, water pills, binge eating, diet pills, excessive exercising and fasting--symptoms associated with eating disorders--at a higher rate than non-Navy women, a disquieting statistic considering civilian women in general suffer from the disorder at a rate ten times higher than men in the general population.

"I found this to be true across all Navy male populations--officers and enlisted, aboard ships or on shore, older or younger," said McNulty.

McNulty's study found these behaviors peaked during the period immediately before the semi-annual physical readiness tests (PRT). These behaviors rose from a year-round use by 3 percent to use by 15 percent before PRT. She attributed this to the sailors' desire to remain within weight standards to keep them competitive for promotion. Few civilian occupations make weight an inflexible qualification for advancement or promotion.

"Most employees do not need to maintain restricted weight to remain employed," said McNulty, "but that's not the case in the Navy. Senior chiefs, commanding officers--what they weigh counts. You might say, they're worth their weight (or lack of weight) in gold!"

McNulty's study concluded that "particular attention" should be given to all Sailors--male or female--who prepare for the PRT testing by using laxatives, vomiting, diuretics, diet pills, excessive exercising, and fasting to fit standards. She encouraged members to seek assistance before the destructive patterns of eating disorders compromise job performance, and ultimately, operational readiness.

-usn-

Headline: TRICARE Europe Steaming Ahead

TRICARE has arrived in Europe.

"Currently, almost all active duty are enrolled in TRICARE Europe Prime, and more than half of the family members are already enrolled as well," said CAPT Marion Balsam, MC, U.S. Naval European fleet medical officer and last year's TRICARE Europe chair.

Like TRICARE's National Capitol Regio